**Abstract**

Generic spring/damper units are either too big or require too much mounting space or have only relatively small spring/damper compartments and are therefore not sufficiently efficient. The aim of the invention is therefore to improve the ratio between the overall size of a spring/damper unit and the size of the damper or spring/damper compartments of the spring/damper unit. For this purpose, the overflow throttles (21, 22) are arranged in the cylinder housing (1) between the damper compartment (10) that is increased in size during spring compression and the spring compartment (17) that is reduced in size during spring compression, thereby reducing the dimensions of the separating piston (6) and the piston rod (7) and making the overflow throttles (21, 22) more accessible from the exterior.